



# A COMPARATIVE STUDY OF ANXIETY AMONG SECONDARY SCHOOL STUDENTS

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## ABSTRACT

The present investigation was to find the difference between secondary school students in relation to their anxiety. Survey method of investigation was employed. The findings of the study showed that there is a significant difference between male and female secondary school students in relation to their anxiety. Also significant difference was obtained between rural and urban secondary school students in relation to their anxiety. Significant difference was also found between central and Haryana board secondary school students in relation to their anxiety.

**KEYWORDS:** Anxiety, Secondary school students

## INTRODUCTION

Feeling worried or nervous is a normal part of everyday life. Everyone frets or feels anxious from time to time. Anxiety is a common phenomenon of everyday life. Anxiety is a transitory emotional state or condition of human organism that varies in intensity and fluctuates over time. It is one of the most dominant emotional factors affecting the physical and mental abilities of an individual. It plays a crucial role in human life because all of us are the victim of anxiety in different ways. Mild to moderate anxiety can help you focus your attention, energy and motivation. If anxiety is severe, you may have feelings of helplessness, confusion and extreme worry that are out of proportion with the actual seriousness or likelihood of the feared event. Overwhelming anxiety that interference with daily life is not normal. This type of anxiety may be a symptom of another problem such as depression. Anxiety can cause physical and emotional symptoms. For almost a hundred years, educators have appreciated the importance of emotional maturity as related to control the anxiety.

Though anxiety is present in all stages of human growth and development, adolescent age group in particular is so marked by anxiety that it is after G.S. Hall called the age of "storm and strife". Since adolescent is the age of transition from childhood to adulthood, a rush of rapid changes occur. These changes cause anxiety and hence also this life period is called the "terrible teens." When parents encourage their children they tend to be more emotionally mature and hence problems related to anxiety get minimized and if the parents don't show their concern then adolescents get diverted from their path and involve themselves in such activities which lead to anxiety. Therefore, there arises a need to study the anxiety of adolescents so as to give them a proper direction to minimize the anxiety.

## METHODOLOGY

The present study is a survey type in nature. Here the data has been collected personally from the students. The method applied is of descriptive type. Purposive sampling method was used to select the schools.

## SAMPLE

A sample of 200 secondary school students (which includes male, female, rural and urban) was selected randomly from 10 central and Haryana board schools of Haryana state.

## OBJECTIVES

1. To study the anxiety among male and female secondary school students.
2. To study the anxiety among rural and urban secondary school students.
3. To study the anxiety among central and Haryana board schools secondary school students.

## HYPOTHESES

1. There exists a significant difference between male and female secondary school students in relation to their anxiety.
2. There exists a significant difference between rural and urban secondary school students in relation to their anxiety.
3. There exists a significant difference between Central and Haryana board schools secondary school students in relation to their anxiety.

## TOOL USED:

State trait anxiety test (STAT) designed and developed by Psycho-Com Services (2001).

## RESULTS AND DISCUSSIONS

**Table 1: Showing difference in anxiety among male and female secondary school students (N=100)**

Sr. No.	N	Mean	S.D.	SEM	t- value
1	100 (male)	30.94	8.940	0.894	5.349
2	100 (female)	36.81	6.364	0.636	

It is observed from the table that the t- value is 5.349 which is significant. Thus it shows that male and female secondary school students show significant difference in relation to anxiety. Therefore, **hypothesis no. 1** i.e. there exists a significant difference between male and female secondary school students in relation to their anxiety is **accepted**.

**Table 2: Showing difference in anxiety among rural and urban secondary school students (N=100)**

Sr. No.	N	Mean	S.D.	SEM	t- value
1	100 (rural)	30.48	8.339	0.833	6.343
2	100 (urban)	37.27	6.710	0.671	

It is observed from the table that the t- value is 6.343 which is significant. Thus it shows that rural and urban secondary school students show significant difference in relation to anxiety. Therefore, **hypothesis no. 2** i.e. there exists a significant difference between rural and urban secondary school students in relation to their anxiety is **accepted**.

**Table 3: showing difference in anxiety among central and Haryana board schools secondary school students (N=100)**

Sr. No.	N	Mean	S.D.	SEM	t- value
1	100 (govt.)	30.29	8.476	0.847	6.124
2	100 (non-govt.)	36.89	6.654	0.665	

It is observed from the table that the t- value is 6.124 which is significant. Thus it shows that central and Haryana board school secondary school students show significant difference in relation to anxiety. Therefore, **hypothesis no. 3** i.e. there exists a significant difference between central and Haryana board schools secondary school students in relation to their anxiety is **accepted**.

## CONCLUSION

On the basis of the present study the following conclusion has been drawn:

1. There exists a significant difference between male and female secondary school students in relation to their anxiety.
2. There exists a significant difference between rural and urban secondary school students in relation to their anxiety.
3. There exists a significant difference between Central and Haryana board

schools secondary school students in relation to their anxiety.

It is observed from the table that the t- value is 6.124 which is significant. Thus it shows that central and Haryana board school secondary school students show significant difference in relation to anxiety. Therefore, hypothesis no. 3 i.e. there exists a significant difference between central and Haryana board schools secondary school students in relation to their anxiety is accepted

### CONCLUSION

On the basis of the present study the following conclusion has been drawn:

1. There exists a significant difference between male and female secondary school students in relation to their anxiety.
2. There exists a significant difference between rural and urban secondary school students in relation to their anxiety.
3. There exists a significant difference between Central and Haryana board schools secondary school students in relation to their anxiety.

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